REGINA metro®

NEWS WORTH SHARING.

'YOU'RE EITHER IN THE BOAT OR YOU'RE NOT'

DAY 1 OF METRO'S LOOK AT IMMIGRATION: PROPOSED CHANGES WOULD MAKE THE ROAD TO CITIZENSHIP HARDER PAGES 6 & 7

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TIME TO HIT THE ICE

Canadian Ringette Championships co-chairwoman Denise Treslan and head coach Marc Farley, left and second from left at rear, along with Farley's players on the Zone 5 Zeal from the Edmonton area and other event staff are all pumped about hitting the ice for the tournament at Regina's Co-operators Centre all this week. More than 40 teams will compete in three divisions. Story, page 2. ROSS ROMANIUK/METRO

Regina residents divided on new parking rate hike

On-street space. On Monday, the hourly rates at downtown parking meters will double

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Residents of Regina appear divided over a new rate hike kicking in Monday at downtown parking meters.

Hourly parking rates will rise to $2 from $1 as city hall tries to free up on-street spaces for drivers making short visits downtown.

Adam Knutson, who works downtown, accuses Mayor Michael Fougere and the rest of city council of a cash grab, resorting to the rate hike simply to drum up revenue.

"City council is desperate to find money any way they can right now," Knutson said in an email.

"They have no clue how to fix parking problems downtown, but that isn't even the objective. The objective is to fund a new stadium and raising cash any way they can is going to be tested."

Knutson added that the hike would continue to drive him away from downtown. He said Regina Transit is not a viable alternative, as riding a bus would add 40 minutes to his commute.

"Public transit actually costs more than it costs for my car or even truck to drive from the suburbs to downtown and back," he argued.

Real estate agent Gordie Chan, however, claims that the rate increase is a relatively minor adjustment.

"I do not feel $2 per hour is exactly unreasonable," Chan explained.

"The increase does not affect whether or not I go downtown."

However, he does disagree with the city's view that a rate hike will free up street spots used by drivers who park downtown all day while at work in the area.

"What needs to improve," Chan stressed, is the city's enforcement of two-hour parking limits.

Even with the hike, the price of parking in Regina's core remains low compared with rates in other major Canadian cities, according to Judith Veresuk, head of the area's business improvement district.

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NEWS 1

Fighting for the right to change birth certificates

Human rights complaints. Transgender children want the ability to change sex on identification documents

Renn Forsberg's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that.

Better yet, they argue, its sex box now marked with an "M" should be removed from the document.

The Saskatchewan family has filed one of several human rights complaints across the country that are prompting some provinces to rethink their rules about changing sex on birth certificates.

Renn's mother, Fran Forsberg, points out that birth certificates once listed a baby's race and a father's occupation, and adds that a gender designation is just as archaic.

Forsberg says Renn needed her birth certificate last year to register for kindergarten in Saskatoon and was embarrassed to be listed as a boy. That sparked her family to fight for a new birth certificate, which is needed to apply for most identification documents.

"I've been contacted by so many other parents that are recognizing gender-variant children," Forsberg said.

In 2012, Ontario's human rights tribunal declared it discriminatory to require an actual sex-change operation for a transgender woman who wanted to switch to female from male on her birth certificate. The province quickly revised its legislation to allow a change with a note from a doctor or psychologist testifying to a person's gender identity.

The province set an age limit of 18 and over, and said it needed more time to consider the issue. THE CANADIAN PRESS

Not just M or F ...

Earlier this year, Facebook added 58 custom options to its gender category, including:

- FTM (female to male transgender)
- Gender Questioning
- Intersex
- MTF (male to female transgender)

Renn and her mother, Fran Forsberg, at their acreage just outside Saskatoon on April 1. Renn's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that. LIAM RICHARDS/THE CANADIAN PRESS

National ringette tourney comes to town

Denise Treslan, president of Ringette Saskatchewan, and Edmonton coach Marc Farley. ROSS ROMANIUK/METRO

While hockey leagues of all levels ramp up their playoffs, hundreds of women from across Canada have descended on Regina to show off a sport of their own.

The Canadian Ringette Championships are hitting the ice in all six rinks at the Co-operators Centre, with 42 teams and several hundred players vying for national titles until Saturday.

"I can hardly wait for the games to start," Denise Treslan, co-chairwoman of the championships and president of Ringette Saskatchewan, told Metro prior to the annual event's opening ceremony on Sunday.

"We're just really excited to have people come and watch."

The female competitors from all regions of Canada compete in three main divisions for players under age 16 and under 19, and for those even in their 20s in the National Ringette League.

"It's a big thing for ringette. It's as high as you can get, to win this tournament," said Zone 5 Zeal bench boss Marc Farley of Edmonton, in his first season as a head ringette coach.

"It's an experience of a lifetime."

This championship tournament is charting new ground, for the event itself and for the Co-operators Centre.

"It's the first time that all the games will be played at the same rink at the same time," Treslan said of the Evraz Place complex.

ROSS ROMANIUK/METRO

No injuries

Fire destroys unfinished hotel in NW Regina

A hotel under construction in Regina's northwest was destroyed by a fire on the weekend.

The four-storey complex at the corner of Diefenbaker Drive and Pasqua Street North was engulfed in flames when city firefighters arrived on Saturday.

The Regina Fire Department said on Twitter that the building "was framed to the 3rd level" and that it was "fully involved upon arrival."

Fire investigators are continuing to probe the cause of the blaze.

No injuries have been reported. METRO

Literary affair

Authors' summit takes over library

A celebration of all things literary marks the unofficial start of spring at the Regina Public Library.

The library's central branch hosted a three-day authors' summit this past weekend, featuring the likes of acclaimed Canadian Yann Martel and Saskatoon wordsmith Alice Kuipers.

Homegrown author Annette Bower took the floor on Sunday to discuss her new novel Women of Substance. She encouraged budding authors to explore themselves through writing.

"Write to find out what you know, and then write what you thought all these years you had to keep secret," Bower said.

Annette Bower at the RPL's authors' summit. MARCO VIGLIOTTI/METRO

"Write what other people know, but can't say or don't want to say."

MARCO VIGLIOTTI/METRO

Searchers race to verify ocean signals

Flight 370. Brief sounds detected in Indian Ocean could be 'pings' from missing jet's black boxes

Searchers hunting for the missing Malaysia Airlines jet raced toward a patch of the southern Indian Ocean on Sunday to determine whether a few brief sounds picked up by underwater equipment came from the plane's black boxes, whose battery-powered pingers are on the verge of dying out.

Ships scouring a remote stretch of water for the plane that vanished nearly a month ago detected three separate sounds over three days. A Chinese ship picked up an electronic pulsing signal on Friday and again on Saturday, and an Australian ship carrying sophisticated deep-sea acoustic equipment detected a signal in a different area on Sunday, the head of the multinational search said.

The two black boxes contain flight data and cockpit voice recordings that could solve one of the most baffling mysteries in modern aviation: who or what caused Flight 370 to veer radically off course and vanish March 8 while travelling from Kuala Lumpur, Malaysia, to Beijing with 239 people on board.

But there were questions about whether any of the sounds were the breakthrough that searchers are desperately seeking or just another dead end in a hunt seemingly full of them, with experts expressing doubt that the equipment aboard the Chinese ship was capable of picking up signals from the black boxes.

Speaking to reporters in Perth, retired Australian air chief marshal Angus Houston, who is co-ordinating the search, warned that the sounds were "fleeting, fleeting acoustic events," not the more extended transmissions that would be expected.

Searchers are racing against time to find the voice and data recorders. The devices emit "pings" so they can be more easily found, but the batteries last for only about a month.

Up to 12 military and civilian planes and 13 ships took part in the search Sunday of three areas totalling about 216,000 square kilometres. The areas are about 2,000 kilometres northwest of the Australian coastal city of Perth.

Houston said there had been a correction to satellite data that investigators have been using to calculate the plane's flight path. As a result, starting on Monday, the southern section of the current search zone will be given higher priority than the northern part. The signals detected by the Chinese ship were in the southern section, he said. THE ASSOCIATED PRESS

Too soon to say

"This is an important and encouraging lead, but one which I urge you to treat carefully."

Retired Australian air chief marshal Angus Houston, search co-ordinator

A U.S. navy plane P-8 Poseidon takes off from Perth Airport to rejoin the search operation for the missing Malaysia Airlines Flight MH370 in Perth, Australia, Sunday. ROB GRIFFITH/THE ASSOCIATED PRESS

U.S. Navy rescues sick baby girl from crippled sailboat

Eric and Charlotte Kaufman with their daughters, Lyra, 1, and Cora, 3. THE ASSOCIATED PRESS

U.S. sailors rescued an American family with an ill one-year-old from a sailboat that broke down hundreds of miles off the Mexican coast — boarding them Sunday onto a San Diego-bound navy ship so the girl could get medical treatment.

The baby girl, Lyra, was in stable condition at 8 a.m. Sunday when sailors helped her, her three-year-old sister, Cora, and her parents, Charlotte and Eric Kaufman, leave their sailboat and brought them aboard the USS Vandegrift.

The Kaufmans were two weeks into a sailing trip around the world when Lyra developed a fever and a rash covering most of her body and wasn't responding to medications. After their 36-foot sailboat lost steering and communication abilities about 900 miles southwest of Cabo San Lucas, Mexico, they sent a satellite call for help to the U.S. Coast Guard on Thursday.

Four California Air National Guard members parachuted into the water and reached the boat Thursday night. The crew stabilized the girl and stayed by her side until the navy frigate arrived at about 1 a.m. Sunday.

Sailors waited until daylight to move the family from their inoperable sailboat, Rebel Heart, which authorities were in the process of sinking Sunday because it was taking on water.

Charlotte Kaufman's sister, Sariah Kay English, said the couple was always careful.

Eric Kaufman is a Coast Guard-licensed captain who introduced sailing to Charlotte Kaufman during one of their early dates.

"They were not going into this blind. I knew they were doing this wisely," English said. THE ASSOCIATED PRESS

Cleared to travel

It was not immediately known what illness the girl may have had.

- Before the family left for the trip, Lyra had salmonella poisoning, but doctors cleared her to travel after she was healthy again, said Charlotte Kaufman's sister, Sariah Kay English.

WHERE WILL THE EMPLOYEES OF TODAY AND TOMORROW COME FROM?
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Child porn. Multiple victims in exploitation case: Nova Scotia RCMP

A 15-year-old boy is facing charges of luring a child and distributing and possessing child pornography after RCMP seized computer equipment and cellphones from a home near Truro, N.S.

Colchester District RCMP say they received a call from the public Friday and officers seized electronics believed to have evidence from a home in central Onslow. The 15-year-old was arrested at the scene.

"We don't believe this is an accidental thing where a mistake was made," said Cpl. Addie MacCallum.

"We believe this was a deliberate act."

He wouldn't release any details on the victims, including the gender, but said there are "more than one" between 12 and 18 years old who are from Nova Scotia.

Current status

The accused teen has been released to the custody of his parents on conditions, and is due in youth court April 14.

MacCallum said police are in the early stages of their investigation, and more charges such as the production of child porn could be laid.

This type of incident where a teen faces child porn offences is "not a common thing," MacCallum said, but he has noticed an increase over the last few years due to social media making these cases more prevalent.

"You're dealing with a very vulnerable segment of the population," MacCallum said.

HALEY RYAN/METRO IN HALIFAX

On the stump. Mulcair says campaign has begun

If there was any question over whether the next election campaign is already underway, New Democrat Leader Tom Mulcair put those doubts to rest this weekend.

"Our campaign is already starting," he said in French during a stump-style speech on Sunday to party faithful.

To underscore that point, the NDP announced it has put in place the team that is going to lead it into the next federal election. MPs Jean Crowder and Alexandre Boulerice are to be the architects of the NDP's 2015 election strategy, while veteran strategist Anne McGrath is the party's new national director.

But it was Mulcair's address to the NDP's federal council — and his broadside against Liberal Leader Justin Trudeau — that really drove home the point that the campaign is in full swing.

The Liberals under Trudeau have been trying to court middle-class voters in the run-up to the next election. But the NDP leader said Trudeau's upper-class upbringing puts him out of touch with middle-class Canadians.

"The problem is, Justin Trudeau will never know what middle class means," Mulcair said. THE CANADIAN PRESS

Quebec election

Marois optimistic despite polls

Pauline Marois made a last-ditch appeal to supporters on Sunday to get out and vote for her Parti Québécois on election day, ruling out any kind of deals with the Coalition party to shore up her party if it wins another minority government.

Marois and Quebec's other political leaders were in their final sprint to round up support in what appears to be a tight race to victory in Monday's election.

THE CANADIAN PRESS

Yoke of imperialism?

Ottawa will fight to keep oath

Ontario's top court is set to grapple with whether forcing would-be Canadians to take an oath to the Queen, her heirs and successors is constitutional.

Three longtime permanent residents argue the citizenship requirement is discriminatory and violates their rights to free speech.

Documents filed with the Ontario Court of Appeal, which will hear the case Tuesday, show Ottawa intends to fight any adverse decision. THE CANADIAN PRESS

People clash with police at the regional administration building in Donetsk, Ukraine, on Sunday. ALEXANDER ERMOCHENKO/THE ASSOCIATED PRESS

Buildings seized in east Ukraine

Demonstrators attack. Interior Minister Arsen Avakov says no heavy-handed measures will be adopted to deal with the unrest

Quoted

"Putin and Yanukovych have ordered and financed another round of separatist unrest in the east."

Interior Minister Arsen Avakov, blaming protests in eastern Ukraine on the Russian president and former Ukrainian president

Crowds of pro-Russian demonstrators stormed government buildings Sunday in several major cities in eastern Ukraine, where secessionist sentiment has sparked frequent protests since Ukraine's Russia-friendly president was ousted in February.

In Donetsk, 80 kilometres west of the Russian border, a large group of people, including many in masks carrying sticks and stones, surged into the provincial government building and smashed windows.

A gathering of several hundred, many of them waving Russian flags, then listened to speeches delivered from a balcony emblazoned with a banner reading "Donetsk Republic." Activists in the building said they want to see a referendum for the Donetsk province to join Russia.

An AP photographer reported seeing people bringing car tires to be used as barricades against any presumed attempt by authorities to retake the building.

Eastern Ukraine was the heartland of support for Viktor Yanukovych, the president who fled to Russia in February after months of protests. About half of the region's residents are ethnic Russians, many of whom believe Ukraine's acting authorities are Ukrainian nationalists who will oppress Russians.

Ukraine's interim authorities deny they are infringing the rights of the ethnic Russian population and accuse Moscow of trying to sow instability. Russia has moved large contingents of troops to areas near the Ukrainian border, and speculation is strong that unrest in eastern Ukraine could be used as a pretext for a Russian incursion.

Since Crimea held a referendum to secede and then was annexed by Russia in March, calls for similar referenda in Ukraine's east have emerged.

President Oleksandr Turchinov's office said in a statement he had cancelled a planned visit to Lithuania this week to take personal charge over the situation in eastern Ukraine.

In Luhansk, to the northeast from Donetsk, hundreds of people surrounded the local headquarters of the security service and later scaled the facade to plant a Russian flag on the roof. Ukrainian media reported that demonstrators pelted the building with eggs, and then stones, a smoke grenade and finally a firebomb. The flames were reportedly quickly extinguished.

A police officer and a demonstrator were injured in the disturbances.

Local media reported similar unrest in Kharkiv, less than an hour's drive from the Russian border.

Interior Minister Arsen Avakov wrote on his Facebook account that Russia was to blame for the turbulence.

"Putin and Yanukovych have ordered and financed another round of separatist unrest in the east," he said. "Not many people have gathered, but they are behaving aggressively. In Donetsk, the crowd brought many children and women for the storming. They are provoking a spillover into blood."

Avakov said no heavy-handed measures would be adopted to deal with the unrest.

"The situation will be brought back under control without blood," he said. "The Interior Ministry will not shoot at people, at this gang of paid-up provocateurs. Among the protesters, there are many that have been deceived, many that have been paid."

THE ASSOCIATED PRESS

Rwanda's pain remembered

Genocide. On Monday, Rwanda marks the 20th anniversary of 100 days of mayhem; one million innocent people were killed

She lost her baby daughter and her right hand to a manic killing spree. He wielded the machete that took both.

Yet today, despite coming from opposite sides of an unspeakable shared past, Alice Mukarurinda and Emmanuel Ndayisaba are friends. She is the treasurer and he the vice-president of a group that builds simple brick houses for genocide survivors. They live near each other and shop at the same market.

Their story of ethnic violence, extreme guilt and, to some degree, reconciliation is the story of Rwanda today, 20 years after its Hutu majority killed more than one million Tutsis and moderate Hutus. The Rwandan government is still accused by human rights groups of holding an iron grip on power, stifling dissent and killing political opponents. But even critics give President Paul Kagame credit for leading the country toward a peace that seemed all but impossible two decades ago.

"Whenever I look at my arm I remember what happened," said Alice, a mother of five with a deep scar on her left temple where Emanuel sliced her with a machete. As she speaks, Emmanuel — the man who killed her baby — sits close enough that his left hand and her right stump sometimes touch.

On Monday, Rwanda marks the 20th anniversary of the beginning of 100 days of bloody mayhem. But the genocide was really in the making for decades, fuelled by hate speech, discrimination, propaganda and the training of death squads.

Hutus had come to resent Tutsis for their greater wealth and what they saw as oppressive rule.

Rwanda is the most densely populated country in mainland Africa, slightly smaller than the U.S. state of Maryland but with a population of more than 12 million. The countryside is lush green, filled with uncountable numbers of banana trees.

The Hutu-Tutsi divide may be the country's most notorious characteristic but also its most confounding.

In the months after the genocide, guilt gnawed away at Emmanuel. He saw his victims during nightmares. In 1996, he turned himself in and confessed. His prison term lasted from 1997 until 2003 when Hutus who admitted their guilt were pardoned.

THE ASSOCIATED PRESS

Ethnic tensions remain

"Hutus would wake up in the morning and go hunting for Tutsis to kill."

Alice Mukarurinda, recalling how Rwanda's Hutu majority killed more than one million Tutsis and moderate Hutus.

Emmanuel Ndayisaba wielded a machete that took Alice Mukarurinda's baby and her right hand. THE ASSOCIATED PRESS

That the world may learn

Silent march through Ottawa

Alain Ntwali's 100-day ordeal of survival began after he watched his parents die. The 10-year-old moved from house to house, two to three times a week, in what would ultimately become a successful attempt to stay one step ahead of the marauding, machete-wielding Hutu militiamen ravaging the Rwandan capital of Kigali.

Alain Ntwali
THE CANADIAN PRESS

On Monday, the 30-year-old who came to Canada in 2005 will join a procession marching silently from Parliament Hill to Ottawa City Hall in memory of the 20th anniversary of the Rwanda genocide. THE CANADIAN PRESS

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Canada: Come one,

Proposed federal changes would extend immigrants' wait to participate in citizenship ceremonies like the one shown here. That has some concerned about Canada's future.

The Story of Us
Immigration in Canada

Well, maybe. Tough revisions to federal immigration rules could change the lives of would-be citizens

MIKE DONACHIE
Metro in London, Ont.

They come in the hundreds of thousands, and every community in Canada has them: Immigrants.

From across the globe, newcomers pour into Canada each year in search of a new life. In 2012 alone, more than 257,000 people were granted permanent resident status, and many of them aim to be citizens one day.

But this year, things could be changing.

If the federal government secures its planned changes to the Citizenship Act, it's going to become more difficult to become Canadian, and that's got some people worried.

"You're either in the boat or you're not in the boat," said David Cohen of Toronto law firm Campbell Cohen, which operates the website Canadavisa.com.

He's troubled by some of the proposed changes, especially the need to declare an intention to reside in Canada by anyone applying for citizenship.

"It means two classes of citizens," he said, pointing out that people born in Canada don't need to live here to maintain citizenship.

Cohen said it's undeniable that the new legislation is needed. In recent years the success of an immigration case could have depended on which judge heard it, so there's a need to make the rules more clear, he said.

But there are concerns, he added, like the idea of revoking citizenship from people convicted of serious crimes like terrorism. Cohen said such issues should be heard by the courts to ensure fairness and transparency.

At the Ontario Council of Agencies Serving Immigrants, executive director Debbie Douglas agreed.

"We do have an effective criminal justice system here in Canada," she said. "Our response to issues of criminality should be through our criminal justice system."

And many of the other changes have her, and other immigrant advocates, worried.

Higher application fees, for example, will cause "hardship," she said, especially for people with large families.

Canada should be making it easier, not tougher, to become citizens, she added.

"Immigrants not only allow the country to keep its economic integrity," she said, "im-

How immigrants stay in the country

People come to Canada on a temporary basis through a variety of avenues, including work visas, study visas and visitor visas. To be eligible to stay on a permanent basis, prospective immigrants must meet the requirements of one of four classes or qualify as a provincial nominee.

Canadian Experience Class

- The program is aimed at temporary foreign workers or students who graduated in Canada.
- The work experience must be in certain classes, such as management, professional jobs and technical/skilled trades, as determined by the government.
- Have one year of full-time or part-time work experience in Canada in the three years before applying.

Federal Skilled Worker Class

- An offer of employment.
- International student enrolled in a doctorate program who has completed at least two years of study.
- A skilled worker with at least one year of full-time or two years of part-time experience in a pre-selected set of occupations.

Business Class

- The class is broken into three parts: Investors, entrepreneurs and self-employed.
- People applying as investors and entrepreneurs must meet net worth requirements and must make an investment of a certain amount in the Canadian economy.
- Self-employed applicants must prove they can make a living in areas including art, sports or farming.

Family Class

- Canadian citizens or permanent residents can sponsor people based on their relationship.
- Only certain relationships fit into the category, including spouses, common-law partners, dependent children, parents and grandparents.

Provincial Nominees

- Nearly every province or territory can nominate someone.
- Eligible people have the skills, education and work experience deemed necessary to contribute to the economy of that province or territory.

THE STORY OF US: IMMIGRATION IN CANADA,

Day 1 Change and effect 1

Day 2 What Canada wants vs. what it gets 2

Day 3 Where we come from, where we go 3

Day 4 Happy times, hard times 4

come all?

TORSTAR NEWS SERVICE FILE

migrants also bring a wealth of international experience.

"They enhance who we are as a nation."

But Dan Murray, who's a member of the executive of campaign group Immigration Watch Canada, said the rules should get even tougher.

He accused authorities of doing little to screen for fraud in citizenship and other immigration applications, saying either everyone should be checked or the number of newcomers should be cut to a level the government can check properly.

"Why are we bringing in so many people?" asked Murray, who lives in Vancouver.

There's no economic need for large-scale immigration while Canadians are out of work, he said.

But one academic differs.

Mohammas Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, Ont., said the current population isn't reproducing fast enough.

Put simply, bringing in new citizens through immigration is preventing Canada from shrinking. More stringent rules only discourage people from coming.

"Immigration is not a favour to the immigrants," he said. "Immigration has become a necessity to maintain your population, to help the labour force and also to look after the elderly, bringing the young people who look after them."

WITH FILES FROM DAVE LANGFORD

Changes aplenty

Bill C-24 hasn't yet passed, but these are some of the federal plans that could be approved this year:

- The proposal: Permanent residents would face a longer wait before they can apply to be citizens — four years of residency, instead of three.
- There would no longer be a "time credit" for the years spent in Canada before gaining permanent residence. So time here on a student or work visa, for example, wouldn't count toward the time you must wait to become a citizen.
- An application for citizenship would include a declaration of "intent to reside" in Canada, meaning the person plans to stay and not return to their home country.
- Knowledge of English or French would apply to 14- to 64-year-olds, instead of 15- to 54-year-olds.
- The application process would be sped up. The government wants to cut the 320,000-case backlog by 80 per cent.

TOLD IN FIVE PARTS

Day 5
The future and beyond

Online
Live the stories of three immigrants in our five-part video series at metronews.ca

Immigration has rebooted Canada's brand: Expert

When the Young Canada Singers sang "Ca-na-da, one little, two little, three Canadians" for the country's centennial in 1967, the country looked a lot different than it does today.

In 1967, visible minorities comprised only about two per cent of the country's population of just more than 20 million people. That's about 400,000 minorities from coast-to-coast.

Data from Statistics Canada showed the country was home to nearly 6.8 million foreign-born individuals in 2011.

Quoted

"There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire."

University of Ottawa history Prof. Pierre Anctil on how Canada presented itself to the rest of the world after the 1970s.

Such a radical shift meant the rebooting of Canada's brand — how this country appears to the rest of the world.

University of Ottawa Canadian history Prof. Pierre Anctil said Canada used to be known as part of the British Empire.

"It used to present itself that way, even after World War II, but it began to change after the '60s and the 1970s," he said. "There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire.

"We welcomed from the '80s on great numbers of immigrants from the (developing world), mostly from Asia, India and China, and that changed the composition of the country, especially in large cities. It introduced visible minorities, people who have a very different background.

"It changed the assumption that Canada gave to the outside world. It's a much more multicultural society than 50 years ago."

SCOTT TAYLOR/METRO IN LONDON, ONT.

A brief history lesson in Canadian immigration

1902
The greatest influx of immigrants in Canada's history begins and continues until the beginning of the First World War in 1914.

1913
Nearly 800,000 people immigrate to Canada, most of them with British roots.

1914-18
Immigration slumps during the First World War.

1928
The opening of Pier 21, the Atlantic gateway to Canada.

1950s
Canada receives about 1.5 million immigrants from Europe.

1962
New immigration regulations are tabled aiming to eliminate discrimination based on race, religion and national origin.

1979-80
60,000 Vietnamese, Cambodian and Laotian immigrants arrive in Canada.

2002
The Immigration and Refugee Protection Act comes into force.

Faces to know

Over the next four days, you'll meet immigrants who tell The Story of Us. These are just a couple.

Paula Garcia
Age: 23
Home country: Colombia
Her plan: To shape Canada's future as a teacher

Surya Acharya
Age: 23
Home country: Nepal
His dream: To bring his family to Canada, where he's a new permanent resident

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

Another sale in aisle four.
Low, low grocery store prices a good deal, for now

The grocery price wars that have pushed a kilogram of bananas below the price of a chocolate bar may be good news for consumers' wallets, but those who watch the industry see a race to the bottom that may leave shoppers with less selection and dwindling customer service.

The grocery wars got a boost this past year as U.S. giant Target entered the Canadian market, forcing Walmart to up its game in the grocery department, and spurring a new wave of consolidation involving heavyweights such as Loblaw and Sobeys.

The sheer size of the new giants weakened the negotiating position of suppliers. THE CANADIAN PRESS

Canadian behemoths

- Last year, Sobeys bought Safeway Canada in a $5.8-billion deal.
- In March, Loblaw Co.'s $12.4-billion purchase of Shoppers Drug Mart Corp. was approved, adding roughly 2,300 corporate, franchised and associate-owned stores and 1,800 pharmacies to its portfolio.

Canadian CEO group

Largest firms say they pay fair share

Canada's largest firms want it known that they are indeed paying their fair share of taxes, even if governments have slashed corporate rates to new lows.

The Canadian Council of Chief Executives issued survey results suggesting when all taxes are included, the companies paid on average 33.4 per cent of profits in taxes in 2012. THE CANADIAN PRESS

Are pot stocks a toke, er, joke?

HOW TO ROLL
Alison Griffiths
metronews.ca

I couldn't resist this headline. "You'd have to be a dope to buy marijuana stocks." That's American journalist and entrepreneur Cody Willard's take on the cannabis stock express.

Willard, like many market pundits, urges caution as companies pile in to capitalize on the legalization of recreational pot in Colorado and Washington.

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation. Then there are all the ne'er-do-wells who chase trends like cannabis to make big bucks from the gullible.

This doesn't mean the marijuana industry won't become a solid investment prospect one day. But currently there are a number of problems with inviting pot into your portfolio.

Trading

Marijuana stocks such as Advanced Cannabis Solutions (CANN), Hemp Inc. (HEMP) and GrowLife (PHOT) mostly trade on informal over-the-counter (OTC) exchanges or bulletin boards. This means trading volume can be highly erratic, and while it's usually possible to buy these stocks through most discount and full-service brokers, selling them is a different matter.

When cannabis stocks make it onto formal exchanges such as NASDAQ, the industry will be mature enough to provide the liquidity necessary to make getting out as easy as getting in.

The Security and Exchange Commission, which regulates the U.S. financial industry, has just suspended trading in Advanced Cannabis's stock, citing suspicions of insider trading. Last month, the company announced an agreement with unnamed Canadian investors for a startup company to serve the medical-marijuana market here.

Diligence

Over-the-counter exchanges do not require the transparency and accounting diligence of the major, formal exchanges, such as the Toronto Stock Exchange or NASDAQ.

Can you make a lot of green from stocks from the green stuff? Maybe, but it's still early days. ED ANDRIESKI/THE ASSOCIATED PRESS FILE

Wait a minute, you say, what about Enron, WorldCom, Bear Stearns and our own darling, Bre-X? Weren't those scandalous companies listed on major stock exchanges? Exactly! So what chance do regular folk have in evaluating OTC pot stocks?

The law

Chances are, the marijuana laws throughout most of the developed world will one day seem as quaint as Prohibition does in 2014. But right now growth in cannabis sales rests with the recreational user. Despite the reforms in Colorado and Washington, marijuana for fun is illegal at the federal level in the U.S. and virtually everywhere else. That severely limits the cannabis market in the short term.

The bottom line? Your dollars can go up in smoke as quickly as a reefer. Be cautious.

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TIME TO DISCLOSE EXPENSES ONLINE

URBAN COMPASS

Christina Cherneskey

regina@metronews.ca

The Saskatchewan expense scandal unearthed by the provincial NDP has the Canadian Taxpayers Federation renewing its call for more transparency in government.

Social Services Minister June Draude was grilled for two days last week over transportation expenses incurred during a recent overseas trip. At issue were four days for a car service at a cost of $3,600.

Colin Craig, Prairies director of the Canadian Taxpayers Federation, says Saskatchewan is behind the times when it comes to disclosing the where, when and for whom details of government expenses.

He says provincial politicians and senior officials should follow Alberta's lead and post all expenses online.

"It shows Saskatchewan hasn't kept up with other western provinces — Alberta, in particular," Craig says. "Any receipts you have as an MLA or senior official should be scanned and placed on the Internet for public scrutiny."

He points out that "Manitoba also has higher standards for public consumption regarding expenses incurred by cabinet, MLAs and senior officials."

What happened in the Draude situation is common in many levels of government. Too often, elected officials rack up expenses, then simply pass the receipts for them to government officials who add those expenses to their own tally sheets. Had the New Democrats not excavated this transportation expense tidbit, it likely would have fallen by the wayside.

What all levels of government should remember is that this kind of information can and will be found out, either through freedom of information legislation, or through snooping around online. It is essential that the Saskatchewan government get ahead of potential scandals and announce that it will fully disclose all expenses.

Premier Brad Wall is fluent in social media. He demonstrates that every day. So are many members of cabinet and government officials. It should come as no surprise to them, then, that the electorate is joining the Opposition's call for transparency.

Saskatchewan is moving forward economically as a powerhouse in Canada. It's time to invest in another type of infrastructure: the digital kind. Too often, we must deflect comments from around the country about the "backwards" Saskatchewan image. Let's change that.

It's time to reject the notion of "That's how it's always been done." We can all see this as a perfect opportunity for Saskatchewan to update its disclosure rules.

Seize the moment, Mr. Premier. Fire up the scanner and post this information online.

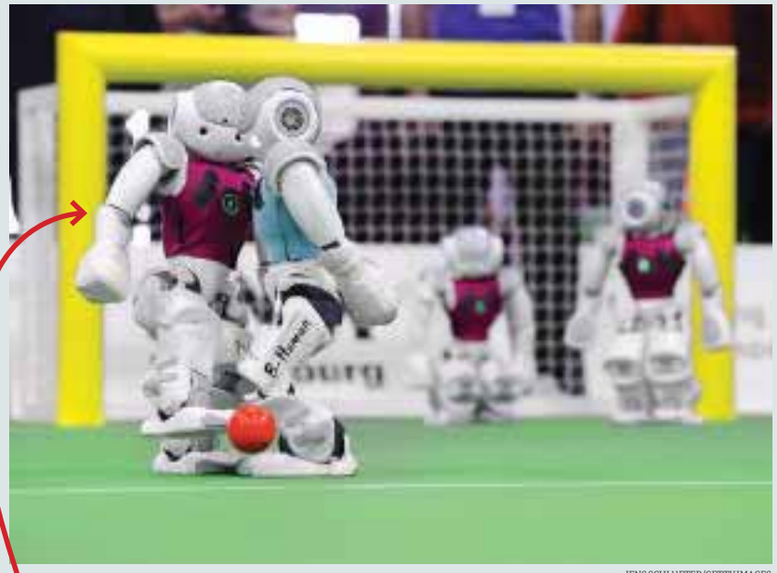
Christina Cherneskey is news director at 620-CKRM in Regina

Let's be proactive in expense scandals

It is essential that the Saskatchewan government get ahead of potential scandals and announce that it will fully disclose all expenses.

ZOOM

Look out, Cristiano Ronaldo



JENS SCHLUETER/GETTY IMAGES

RoboCup kicked off in Germany

Two teams of robots play against each other in the 2014 RoboCup German open tournament over the weekend in Magdeburg, Germany.

The robots, which are models called Nao from Aldebaran Robotics in France, perform autonomously and communicate with one another via Wi-Fi. There were 950 participants from 12 countries participating in the three-day tournament and they competed in a variety of disciplines, including soccer, rescue and dance. GETTY

Participants check out robots at the 2014 RoboCup. GETTY IMAGES

What about World Cup?

- **Dystopian future.** The aim of the RoboCup is to create a team that will be able to defeat the best human players by 2050.
- **Not all fun and games.** The technology used will be transferred to more useful applications after the tournament, such as search and rescue.

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MetroTube

One Vine account worth watching

ANDREW FIFIELD
metronews.ca

Armed with little more than paper, pen and a killer Morgan Freeman impression, there are few Vine accounts more reliably funny than the bizarre and fearsomely clever MCandFriends. We've compiled a short highlight reel of our favourite MC animations. Or follow @MCandFriends.

ISTOCKIMAGE

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See that symbol? It means you can scan the photograph below with your Metro News app to see a gallery of scenes from the new film Oculus.

Ebooks

The Massey Lectures

By. House of Anansi Press

iPad

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This iPad art book elegantly packages the recordings and transcripts of the CBC series into an eBook collection where fans can take notes, join online discussions, and access free interviews. Among the first six speakers presented are the captivating Lawrence Hill, Margaret Atwood, and Neil Turok. Also among them is Margaret Somerville, a stumble in the otherwise brilliant series.

Television

The Simpsons just keep on going

There will be no more Simpsons movies, insists executive producer Al Jean. But he says the show, which has been on the air for 25 years, isn't getting cancelled any time soon and could conceivably go on for decades. "In show business you always treat every day as your last, but we're guaranteed through 26 (seasons)," he said.

THE ASSOCIATED PRESS

Director reflects on his horror hang-ups

Mirror, mirror. The man behind Oculus can't figure out the origins of his fascination with the freaky

CHRIS ALEXANDER
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Oculus opens on Friday. CONTRIBUTED

The concept of a haunted mirror is nothing new in dark fantasy entertainment. Snow White's evil Queen took some not-so-sage advice from one, and horror films like The Boogeyman and Mirrors have also exploited the concept to varying effect. But the genre has never seen a looking glass as malevolent as the one that hangs on the wall in Mike Flanagan's much buzzed about creeper, Oculus.

Oculus is the followup to director Flanagan's unnerving low budget horror hit Absentia. And like that meticulously designed, grim fable, Oculus uses the supernatural to tell a story of domestic breakdown. In it, a brother and sister come together to destroy a monstrous antique mirror that they believe unleashed hell into their childhood.

The film is terrifying, mysterious and emotionally affecting — especially when dealing with the miseries of home — leading many viewers to question if the director's films are some kind of personal mirror themselves.

"Not at all," Flanagan chuckles.

"My childhood was very great. Probably the safest and most normal of middle-class military families. So I don't really know where all this comes from, because I kind of think of myself as a pretty happy-go-lucky guy and then people come out of the movies and say, 'What's wrong with you?!'

"Maybe watching and making movies are a playground to exorcise any demons that might be there. Movies keep me happy, I guess."

There's nothing happy about Oculus, however. The film is most assuredly a tragedy, albeit one goosed by the gimmick of evil vanity portals and relentless dread. It's a master class in slow-burn atmosphere and craft, and yet nothing in Flanagan's extensive background even hints that such a deft filmmaker would ultimately emerge, so ripe is his resumé with quickie TV potboilers and tired reality shows.

"When I finished the short that Oculus was based on in 2005," says the filmmaker, "it was the first thing I was really proud of, the first thing that felt that there was a voice to it.

"Before that, I was jumping from one reality show to another and at the end of the day I felt I was contributing to making the world stupider.

"But that kind of work taught me a ton about editorial storytelling and informed me as a writer and editor and I'm ultimately really glad I had that background. Otherwise, I don't think I'd be where I am now."

Elaine Lui's mother really does know best

As the voice behind the hit Canadian blog Laineygossip.com, famed star watcher and TV personality Elaine Lui is revered for salty scrutiny and juicy scoops on all things celebrity. But with her new memoir — Listen to the Squawking Chicken: When a Mother Knows Best, What's a Daughter to Do? — the witty writer turns the analysis on herself and her relationship with her strong-willed mom, who parlayed a challenging childhood into a determined attitude that she imparted on her prolific daughter.

The indefatigable co-host of CTV's daytime talk show The Social and reporter for entertainment program eTalk says she wrote the book for her mother, Judy Yeung. Yeung was recovering from a rare syndrome known as POEMS and Lui hoped it would give her something to look forward to. It wasn't until Lui read each chapter aloud for the audio book version that she realized the writing process — which up to that point had been more intensely technical than emotional — also had a big impact on herself.

"It was surreal because when I was reading it out loud for the audio book, I was almost reading somebody else's book," Lui, 40, said. "It's a really weird, bizarre experience, and so that's when I started to appreciate my relationship with my mother from a weird angle."

One section in particular really hit her — the moment when she tells her ailing mother: "Your life has sucked over and over again. Where is the high that can balance out those lows?" to which her mother replies, "What the hell do you think you are? Every Tiger has a roar. You are my roar."

THE CANADIAN PRESS

Elaine Lui says reading the book she'd written about her relationship with her mother made her appreciate it from a different angle. THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Juan too many? Drinks tossed at ex-Bachelor

STARGAZING
Malene Arpe
scene@metronews.ca

This week in incoherent rage: 1) Fans of How I Met Your Mother lost their minds over the series finale. 2) Ex-Bachelor Juan Pablo Galavis had two drinks thrown at him at an Atlantic City club event. 3) Johnny Weir had a crying fit when told he has to sell his Fabergé egg so that the proceeds can be divided with his ex-husband.

Lindsay Lohan says she

was this close to being cast in the new Avengers movie. So they are adding the character of Lore-liar.

Halle Berry denies rumours she and husband Olivier Martinez are fighting and calls him "delicious." Holy coincidence! That's exactly what the leader of Terminus said about Rick Grimes.

This week in abject disappointment: 1) A woman spent some $25,000 on six surgeries to make herself look like Jennifer Lawrence and ended up looking nothing like Jennifer Lawrence. 2) Kris Jenner will not pose naked for Playboy. 3) Elle Macpherson says her secret to looking great at 50 is "Love, laughter and my super greens." It's always kale isn't it?

James Franco ALL PHOTOS GETTY IMAGES

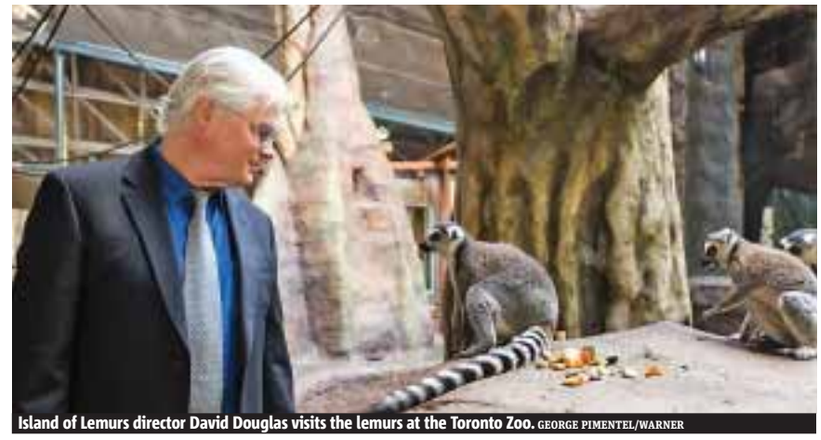
Franco has some 'splainin' to do after underage fan leaks his flirty DMs

James Franco is feeling more than a little red in the face after a 17-year-old Scottish girl leaked direct messages and texts from the 35-year-old actor as he tried to woo her during a recent visit to New York. "I'm embarrassed, and I guess I'm just a model of how social media is tricky," Franco said during a visit to Live! With Kelly and Michael when the incident came up. "It's a way people meet each other today. But what I learned because I'm new to it is you don't know who's on the other end. I used bad judgment. I learned my lesson." The messages show Franco attempting to set up a meeting with the young woman, offering to rent himself a room in her hotel. "Not only do I have to go through the embarrassing rituals of meeting someone, sometimes if I do that then it gets published for the world, so no, it's doubly embarrassing," he said.

Depp crushes fantasies, claims he's no savage

Johnny Depp

Johnny Depp isn't taking rumours that fiancée Amber Heard might be knocked up lying down. Reports surfaced recently suggesting that the couple's sudden decision to marry was motivated by a baby on the way, but Depp himself seemed shocked by the idea when the "Today" show's Savannah Guthrie asked him about the rumour. "Good God, what do you think I am, a savage?" Depp responded. "No, it's not a shotgun affair."



Island of Lemurs director David Douglas visits the lemurs at the Toronto Zoo. GEORGE PIMENTEL/WARNER

Madagascar dreaming

A filming fantasy. Canadian director David Douglas got his wish to film on the legendary island

RICHARD CROUSE
scene@metronews.ca

David Douglas, the veteran wildlife filmmaker behind the new IMAX film Madagascar: Island of Lemurs, has dreamed of making a film on the island country in the Indian Ocean for 30 years.

He calls it a "remote and mythic place," but adds: "In wildlife filmmaking, everybody wants to go there and do it, but you never can."

Three things convinced the Canadian director to take a chance and travel there.

First was the story of primatologist Dr. Patricia Wright. Douglas came across her while researching another film, but was taken with her efforts to protect Madagascar's lemurs, whose numbers are shrinking to alarming levels. Around since the time of the dinosaurs, the big-eyed creatures arrived on the island as castaways from Africa and have now evolved into hundreds of species. Douglas wanted to shine a light on Wright's efforts to protect the lemur's delicate ecosystem.

The second thing was a technological advancement.

"The normal situation in wildlife filmmaking is you have film stock, this resource that costs money and it runs through the camera in a certain amount of time," he says.

"It can't be any longer. You have to reload it. So you have to spend a lot of your life trying to put yourself in the position of accurately predicting what an animal is going to do in the future because you want to have your camera running while it's happening."

New IMAX equipment developed for this film allowed him to shoot digitally on cameras with lots of memory.

The third draw was, of course, the lemurs themselves. "They are spectacular looking. They look like a pile of toys in your kid's closet because they're all different, but they're all sort of similar."

Correction

- **In Friday's capsule review of Madagascar: Island of Lemurs, Metro incorrectly identified the director and talent.** David Douglas is the director and Morgan Freeman does the voice work.

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LIFE 3

Switch and bank chunk of change

Call to account. To save bucks, find a bank that suits your needs

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you still paying outrageous fees or settling for next to no interest on your bank accounts? Wuzzup with that? Loads of Canadians keep their money in A Big Bank, earning a pittance in interest and paying liberally for service. And some make matters worse by not managing their money properly so they're constantly in overdraft, bouncing cheques, or using banking machines like wallets and paying big-time for the "convenience."

When I ask people why they're willing to settle for 0.25 per cent in interest on their savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere, they tell me changing banks is such a hassle. "C'mon, Gail," they say, a whine in their voice, "all that work for such a lousy interest rate." So if you saw a $20 bill sitting in the middle of the sidewalk you'd step over it?

Seriously, would you step over it?

One of the main reasons people won't switch accounts is laziness. It takes work to make the switch. If you have pre-authorized debits, it can feel like torture trying to get them all switched over. But if all that's standing between you and an account that pays decent interest without exorbitant fees is laziness, you don't have the right to complain about your bank ev-ah!

Make a list of the things you actually need on your bank account, like writing cheques, before you shop around. ISTOCK

Found your new bank? Follow these five steps to make the switch as painless as possible

1. **Open the new account and get all the information you'll need like the account number, your branch number, and the like.** If you're using cheques, order some.
2. **List your auto-transactions.** What's being automatically deposited or withdrawn from your old account? Look over your past few statements and make your list.
3. **Reconcile your account.** You have to account for every penny so you don't have any nasty surprises during the transition. Those six post-dated cheques to the music teacher will bounce sky-high if you close the account without telling her and replacing her cheques.
4. **First switch over all deposits and then switch over the withdrawals.** That way there will be money in the new account when withdrawals start.
5. **Leave the old account open for about two months with some money in it to catch any missing deposits or withdrawals.** Don't worry about the balance in the old account just sitting there wasting time. It's protecting you from the aggravation caused by a poor memory. Be patient and when there's been no activity for a month, consider yourself in the clear and close the old account.

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

Start by making a list of the things you actually need on your account. Do you write cheques? How often do you go to the banking machine? (If you're going more than once a week, you're using the ATM as a wallet, so stop.) How many swipes of your debit card do you do in a month? Do you travel a lot and require easy, cheap access to your money when you're on the road?

Once you know the services you need, it's time to go shopping to compare prices and features. You can hit the pavement, let your fingers do the walking, or head on over to the Financial Consumer Agency of Canada's website and use the interactive tool to narrow down the alternatives.

Be honest about how you use your accounts. And know the difference between chequing accounts and savings accounts. Some banks have what they call a "chequing/savings." If all you need is a savings account (which is free) don't get talked into buying an account with features you might need with service charges you will pay.

Don't stay stuck using a bank account that doesn't serve your needs because of a sense of loyalty or because you're too bone lazy to make a change to a better option. You work hard for your money. You should expect your bank to treat it with respect. Don't settle. Demand a better deal and if you can't get it where you're currently banking, move your money.

Branch out

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

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Start the week on a light dinner note

ROSE REISMAN
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FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves six. ROSE REISMAN

If you want a new twist on serving your salmon, you've got it right here! Serve up this Salmon with Pesto and Cream Cheese.

It's attractive to look at and equally delicious.

I prefer to use homemade pesto, which has fewer calories and less fat than store-bought pesto. This pesto recipe makes more than what you will use for the salmon. You can keep it refrigerated or freeze it for later use. You can experiment with pesto and use a variety of herbs and leaves such as spinach, cilantro, baby kale or arugula.

To toast the pine nuts or almonds, just place a dry skillet over high heat, add the nuts and stir often for about three minutes or until they are lightly browned.

It's always best to slightly undercook your salmon to retain the moisture. I like to always use the method of measuring the salmon at the thickest part. For every one inch of thickness, stick to the rule of baking for 10 minutes at 425 F.

Ingredients

- 1/4 cup low-fat cream cheese (about 2 oz), softened
- 2 tbsp pesto (homemade or store-bought)
- 1 1/2 lb salmon fillet, cut into 6 fillets (about 4 oz each)
- 2 tbsp toasted pine nuts (or chopped toasted almonds)

Pesto

- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese, softened
- 1 tsp finely chopped garlic
- 3 tbsp chicken stock
- 2 tbsp olive oil

Directions

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and lightly coat with cooking spray.

2. Combine the cream cheese and 2 tbsp pesto in a small bowl until smooth. (If making pesto recipe above, puree all ingredients, remove the 2 tbsp for the filling and save the remainder for a later use.)

3. Make a small vertical slit on the top of each salmon fillet to within 1/4 inch of each end and about 1/2-inch deep. Stuff each fillet by dividing the pesto filling between the 6 fillets.

4. Place on prepared baking sheet and bake for 10 minutes per inch of thickness.

5. Garnish with 2 tbsp toasted nuts before serving.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving (salmon with one tablespoon of pesto)

- **Calories.** 282
- **Carbohydrates.** 16. g
- **Fibre.** 0.4 g
- **Protein.** 28 g
- **Total fat.** 16.9 g
- **Saturated fat.** 3.7 g
- **Cholesterol.** 79 mg
- **Sodium.** 130 mg

When cash is part of the curriculum

The Work Colleges. Institutions across the United States are tackling student debt woes by making working during school a requirement

What would it mean to you — or what would it have meant — to graduate from post-secondary school without a penny owed? ISTOCK

Many students spend years after college working off tens of thousands of dollars in school debt. But at seven "Work Colleges" around the United States, students are required to work on campus as part of their studies — doing everything from landscaping, growing and cooking food to public relations and feeding farm animals — to pay off at least some of their tuition before they graduate.

The arrangement not only makes college more affordable for students who otherwise might not be able to go, it also gives them real-life experience, teaches them responsibility and how to work together, officials said.

"I love it," said Melissa Eckstrom, of Philadelphia, who is an assistant garden manager at Sterling College in Craftsbury, Vt., where she's studying sustainable agriculture.

"It's really satisfying to work in the garden and do all this hands-on, you know, dirty work — and I go to the kitchen and sit down for a meal and I'm like, I grew this. It can't get more full circle than that."

With rising college costs and a U.S. national student loan debt reaching more than $1 trillion, "earning while learning" is becoming more appealing for some students. The work college program is different than the U.S. federal work study program, which is an optional voluntary program that offers funds for part-time jobs for needy students.

But at the seven so-called Work Colleges — Sterling College, Alice Lloyd College in Pippa Passes, Ky., Berea College in Berea, Ky., Blackburn College in Carlinville, Ill., College of the Ozarks in Lookout, Mo., Ecclesia College in Springdale, Ark., and Warren Wilson College in Asheville, N.C., — work is required and relied upon for the daily operation of the institution, no matter what the students' background. The students are then evaluated on their performance.

"It's a core component of the educational program," said Robin Taffler, executive director of the Work Colleges Consortium.

"It does not differentiate between those that can afford to pay for their education, from those that must work to cover their educational costs. And that's a big deal. No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job," she said.

Eckstrom works up to 100 hours a semester at $11.10 an hour, so the pay helps with her school costs, she said. She also gets tuition credit for coming a week early for training before the start of the school year.

"It's all very helpful," said Eckstrom, 23, who said she probably couldn't have afforded to attend a school like Sterling otherwise.

THE ASSOCIATED PRESS

What does labour do for learners?

- **The Work Colleges Consortium reports that 75 per cent of graduates agree their college work helped prepare them for their first job and 84 per cent said it helped them to get along with people with different attitudes and opinions.** Seventy-five per cent of graduates agreed that their work experience helped them to understand the importance of service to others and 86 per cent said it helped them to appreciate the value and dignity of work, the consortium said.

Scan this image with your Metro News app to view an image gallery with highlights from the Blue Jays' opening weekend in Toronto.

Sabathia continues to crack Blue Jays

MLB. Yankees pitcher improves career mark vs. Toronto to 15-4 in rubber match win

Brian Roberts of the New York Yankees gets the force out at second base but cannot turn the double play in the first inning on Sunday at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

Yankees veteran CC Sabathia extended his mastery over Toronto on a day that saw young Jays right-hander Drew Hutchison pay for his lack of control.

Sabathia, in his 400th American League start, wobbled in the first and sixth innings, but retired 16 of 17 between the flashpoints to help New York to a 6-4 victory Sunday afternoon.

The six-foot-seven lefthander, who looks like he sleeps in his baggy uniform, improved his record at the Rogers Centre to 7-1 and his career mark against the Jays to 15-4. He gave up four runs on seven hits and struck out six in a six-inning, 93-pitch performance that featured 65 strikes.

"He threw great," said Yankees first baseman Kelly Johnson. "He mixed his pitches, he was in the zone, guys were off balance. That's a good sign.

"He got more and more confident and his stuff got even better as the game went on."

The Yankee win came in the rubber match of a three-game series. New York (3-3) returns to the Bronx for a nine-game homestand while Toronto (3-4) has a day off before hosting Houston.

"Today was just on me," said the 23-year-old Hutchison, who suffered his first Rogers Centre loss in six starts. "It was my loss."

Hutchison (1-1) lasted just 3 1/3 innings. He struck out six but walked three and hit a batsman with all four scoring.

In only his second big league start since returning from Tommy John surgery, he gave up six earned runs on six hits while throwing 78 pitches including 49 for strikes.

Toronto manager John Gibbons says Hutchison has been struggling of late, although he got away with it previously.

"He was high in the (strike) zone a lot. That's not who he is," said Gibbons. "He'll get back down there."

THE ASSOCIATED PRESS

Leaving his mark

Derek Jeter has taken over sole possession of eighth place on baseball's career hits list with a single in the fourth inning against the Blue Jays.

- The veteran shortstop grounded a one-out hit into right field Sunday, chasing Blue Jays starter Drew Hutchison.
- It was the 3,320th hit of Jeter's career, moving him past Hall of Famer Paul Molitor. Next on the list is Carl Yastrzemski, with 3,419.
- One inning earlier, Jeter tied Molitor with a leadoff single, a line drive to right.
- Jeter sat out Friday's series opener then went 0 for 2 with two walks Saturday. His previous hit was an RBI single in the fifth inning of Thursday's win at Houston.

Curling

Canucks fall to Swiss at worlds

Canada's Kevin Koe had to settle for fourth place at the world men's curling championship after falling 7-5 to Switzerland in Sunday's bronze-medal match.

Koe's Calgary rink came into the 10th end down by three, but couldn't muster the comeback, scoring just a single point in the final end against the Swiss team.

THE CANADIAN PRESS

Premier League

Gerrard's pair lifts Liverpool to top of EPL; Arsenal falls

Steven Gerrard scored twice from the penalty spot as Liverpool stretched its Premier League winning streak to nine matches and returned to the top of the table with a 2-1 win at West Ham on Sunday, while Arsenal was dealt another blow by a top-five team in a 3-0 thrashing by Everton.

THE ASSOCIATED PRESS

Bahrain Grand Prix

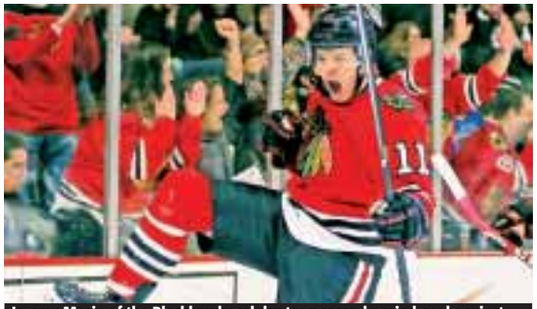
Mercedes earns second 1-2 finish

Lewis Hamilton edged Mercedes teammate Nico Rosberg after an intense race-long duel to take victory by just one second at the Bahrain Grand Prix on Sunday.

The two Mercedes were predictably in a different league to their rivals and recorded their second one-two finish in eight days after Hamilton's victory last weekend in Malaysia.

THE ASSOCIATED PRESS

Battered Blackhawks take down Blues



Jeremy Morin of the Blackhawks celebrates a second-period goal against the St. Louis Blues in Chicago. JONATHAN DANIEL/GETTY IMAGES

The Chicago Blackhawks are taking a more direct approach to generating offence without injured star forwards Jonathan Toews and Patrick Kane.

So far, it's working.

Rookie Jeremy Morin scored and set up Patrick Sharp's go-ahead goal in the second period, and injury-depleted Chicago held on to defeat the St. Louis Blues 4-2 on Sunday afternoon for its third straight win.

The Blackhawks ground out the victory despite playing without Toews' powerful skating and Kane's puck-handling skills for the third game. Forward Brandon Saad was a last-minute scratch.

On Sunday

Blackhawks	Blues
4	2

"We've simplified our game quite a bit," said Sharp, who scored his team-leading 33rd goal.

"Usually when you battle hard individually and as a team, good things happen. We've raised our battle level lately, but we're just keeping things simple. Getting pucks in, getting pucks out."

And some younger players, such as Morin, are getting more ice time and showing just how deep defending Stanley Cup champion Chicago is.

"I'm just taking it day by day every time I'm in the lineup, trying to make the most of it," Morin said. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You are about to embark on one of the best times of the year for ideas and communication. Are you ready? Anything of a creative nature will go well for you over the next few days.

♉ Taurus
April 21 - May 21
Sometimes you can be a bit offhand in your attitude and the planets warn you need to be more respectful if you want to get ahead. In everything you do, try to work out how other people may take it.

♊ Gemini
May 22 - June 21
Don't worry about your work and worry even less about your finances. Focus on having fun. Mercury, your ruler, moves in your favour today and that means you should be on the move as well.

♋ Cancer
June 22 - July 23
Something you have been worrying about for ages will no longer bother you as from today. The situation itself may not have changed much but your attitude towards it has: you simply no longer care.

♌ Leo
July 24 - Aug. 23
Get out and about. This is a great time to take the kind of break where you get away from routine matters and challenge yourself to have as much fun as is humanly possible — and that's a lot.

♍ Virgo
Aug. 24 - Sept. 23
Need financial assistance? It's the time to ask. Loved ones will do what they can to help you out of a tricky situation but they will also want to be sure you learned your lessson.

♎ Libra
Sept. 24 - Oct. 23
Where before there were misunderstandings, there will now be an awareness of how much certain people mean to you and why minor differences of opinion are of no importance at all.

♏ Scorpio
Oct. 24 - Nov. 22
You need to recharge your physical, mental and emotional batteries, so don't make too many plans for the next few days. In fact, if you can find ways to pamper yourself or, go for it.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't worry if you're not feeling on top of the world because with mind planet Mercury joining the Sun in the most dynamic area of your chart it's just a matter of time before your mood improves.

♑ Capricorn
Dec. 22 - Jan. 20
Remember the best way to get other people to agree with you is to appeal to them on an emotional level. Facts and figures are important but it's feelings that tip the balance.

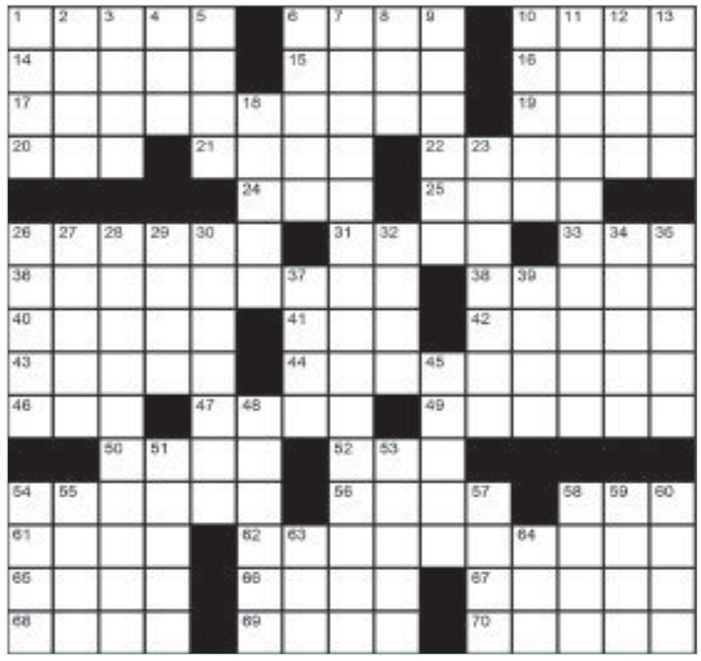
♒ Aquarius
Jan. 21 - Feb. 19
You'll find it easier to get your message across today and that's good because you have plenty to say. Your way with words will help persuade others that you know what you're talking about.

♓ Pisces
Feb. 20 - March 20
Good news about your money situation will improve your mood. That doesn't mean you have an excuse for a spree. If you come into extra cash, pay what you owe. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

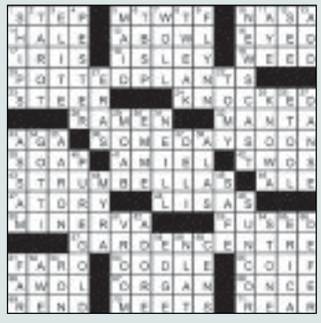
BY KELLY ANN BUCHANAN



Across
1. City in Quebec
6. _ __ is me :(
10. "Dial _ __ Murder" (1954)
14. Valley in Ontario depicted by The Group of Seven
15. "Go! Go! ...and Go!"
16. Singer Mr. Blacc
17. NFLD.: Peridotite rocks in Gros Morne National Park
19. Bereft, in poetry
20. I am. You __.
21. Ancient harp
22. Savvy
24. Purring pet
25. 2014
26. Materialize
31. Legal gig, __. DA
33. Caesar's 2050
36. Canadian actress/comedian born in St. John's, Newfoundland: 2 wds.
38. English actress Anna
40. "If _ __ a Carpenter"
41. Ms. Hagen
42. Cartoon kid on "The Cleveland Show"
43. Sporty events
44. BC city
46. Pou __ (Vantage point)
47. Undecided
49. Rented
50. Alaskan city
52. Volkswagen car, Jetta _ _ _
54. Metric measures
56. Labels
58. Shania Twain's "Any __ of Mine"
61. Shape sort
62. Consecutive spouse for, say, a Hollywood executive, predictably: 2 wds.
65. Kind
66. Mr. Ferrigno's
67. Purposes
68. Catches
69. French 101 verb
70. The __: "What's Fair Is Fair'" band from Nova Scotia

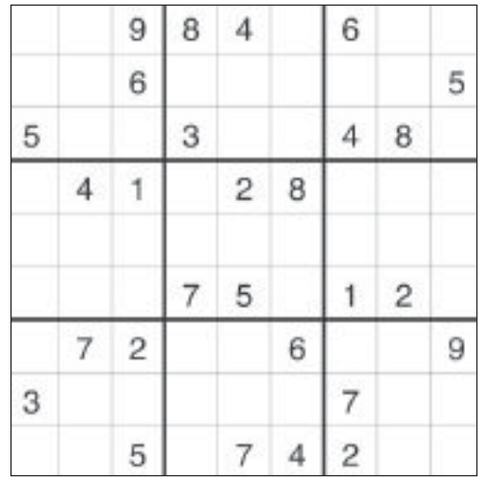
Down
1. Spying's Hari
2. Culture medium
3. Mr. Kaplan
4. Graduation bird
5. Highlander
6. Scarlett's surname
7. Ontario: Activity in Niagara-on-the-Lake because of the vineyards there: __-__ __
8. Library ref.
9. Written works
10. Mediterranean island
11. They were owned by Canadian family The Ogilvies: 2 wds.
12. Certain cloud
13. Quebec singer Mr. Simard
18. Fitness fabric
23. Unconstrict: 2 wds.
26. Types of rulers [var. sp.]
27. Be a kitten. See a toy. Do this: __ __ it.
28. Time in The New World before the Europeans
29. Jane __ (Famous book)
30. Fantastic
32. Hoax
34. Type of disturbance
35. Andrew Webber link (Musicals composer)
37. Dylan's portrayer on "Beverly Hills, 90210"
39. Uncommon, in Latin
45. HMS Bounty: Captain __
48. Mortar and __ (Kitchen duo)
51. Heraldic wreaths
53. Expire
54. Shelley of "Cheers"
55. Jazz vocalist Ms. Anderson
57. Procedure, for short
58. Mr. Holmes, Canadian contractor
59. "_ __ Good Men" (1992)
60. Headland
63. Deteriorate
64. WWI part

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

4	8	2	7	3	5	1	6	9
1	6	5	8	9	4	3	7	2
9	7	3	1	6	2	8	5	4
2	9	4	3	5	7	6	8	1
8	5	1	9	4	6	7	2	3
6	3	7	2	1	8	4	9	5
7	4	8	5	2	3	9	1	6
5	1	6	4	8	9	2	3	7
3	2	9	6	7	1	5	4	8

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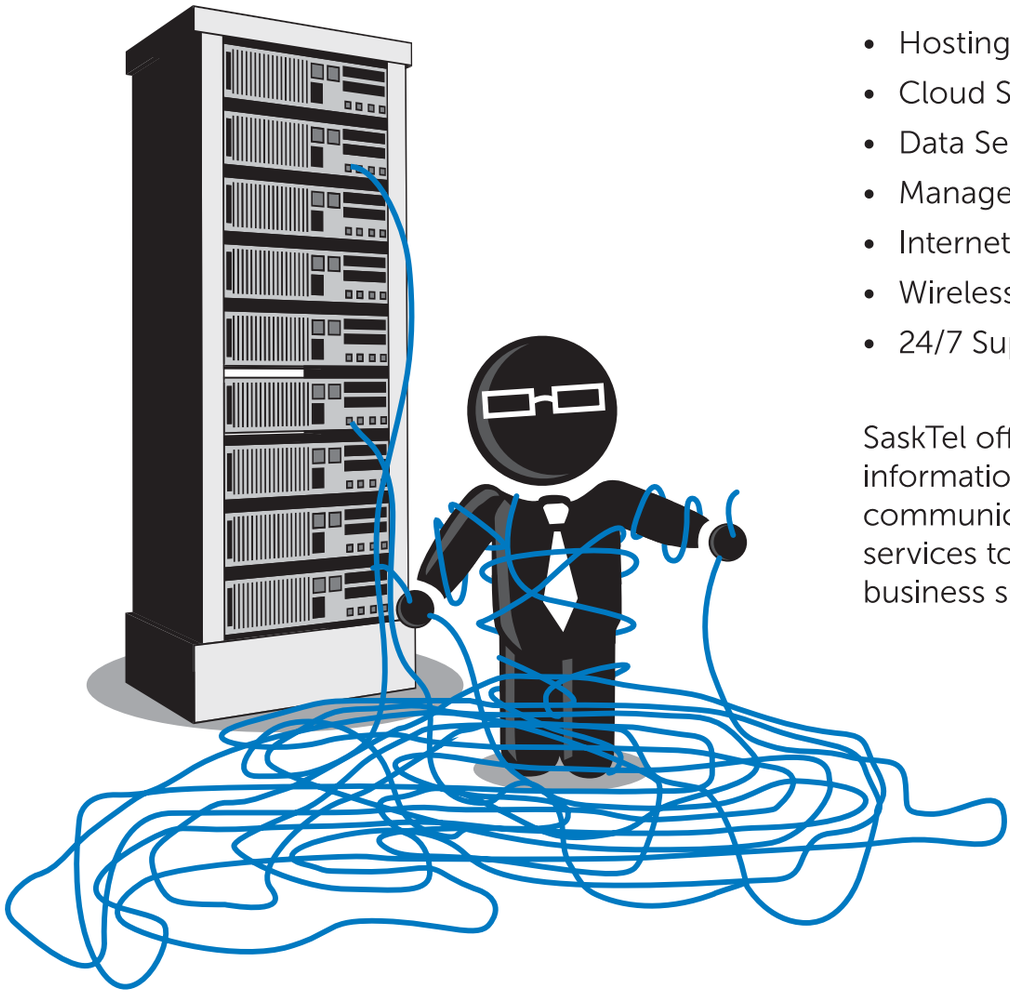

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